



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #4

WEEK OF Week 1

YEAR 2011

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Sausage Muffin		Yogurt Parfait with Granola	Cinnamon Toast	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Pineapple Chunks- canned, unsweetened	Banana- fresh	Strawberries, Blueberries- frozen, unsweetened	Grapes- fresh	Peaches- canned, unsweetened
Grains/Bread Component 4x Whole Grain, 1x sweet	English Muffin	Cheerios cereal (WG)	Granola (WG) (sweet)	Whole Wheat Toast (WG)	Whole Wheat Toast (WG)
Other Foods 1x Meat/Meat Alternate	Sausage		Yogurt	Cinnamon	
LUNCH	Chicken Nuggets (CN)	Salisbury Steak (CN)	Chicken Fettuccini Alfredo	Sloppy Joes (HM)	Pizza Burger (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 5x fresh	Bell Pepper Mix- fresh	Steamed Carrots- frozen	Steamed Broccoli- frozen	Corn on the Cob- frozen	Tossed Salad- fresh
	Apple Slices- fresh	Fruit Cocktail- canned, unsweetened	Fruit Salad- fresh	Strawberries - fresh	Pears- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Macaroni and Cheese	Whole Wheat Dinner Roll (WG)	Garlic Bread	Whole Wheat Hamburger Bun (WG)	Whole Wheat Hamburger Bun (WG)
Meat or Meat Alternate 2x highly processed	Chicken Nugget (CN)	Salisbury Steak (CN)	Chicken	Ground Beef	Ground Beef
Other Foods			Alfredo Sauce	Sloppy Joe Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Pinwheels				
Fluid Milk		1% Milk			1% Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable			Applesauce- unsweetened	Orange Slices- fresh	
Grains/Bread Component 2x Whole Grain, 1x sweet	Whole Wheat Tortilla (WG)	Oatmeal Muffin Squares (WG) (sweet)	Graham Crackers		Bread Sticks
Meat or Meat Alternate 2x Meat/Meat Alternate	Turkey, Cheese			String Cheese	
Other Foods	Low-Fat Cream Cheese				Marinara Sauce

MO 580-1463 (6-04)

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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Biscuits and Gravy			
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Orange Slices- fresh	Grapes- fresh	Pineapple Chunks- canned, unsweetened	Peaches- canned, unsweetened	Tropical Fruit Mix- canned, unsweetened
Grains/Bread Component 3x Whole Grain, 0x sweet	Oatmeal (WG)	Biscuits	French Toast Sticks	Whole Grain Toast (WG)	Whole Grain Bagel (WG)
Other Foods 1x Meat/Meat Alternate		Gravy	**no syrup**	Egg Cups	Low-Fat Cream Cheese
LUNCH	Tuna Noodle Casserole	Spaghetti with Meat Sauce	Turkey and Cheese Sandwich	Chicken Burrito (HM)	Meatloaf (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 2x fresh	Steamed Broccoli- frozen	Corn- canned	Cauliflower- fresh	Corn and Bell Pepper Mix- canned	Green Beans- frozen
	Applesauce- unsweetened	Pears- canned, unsweetened	Fresh Fruit- fresh	Mandarin Oranges- canned, unsweetened	Pears- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Egg Noodles	Spaghetti, Bread Stick	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 0x highly processed	Tuna	Ground Beef	Turkey, Cheese	Chicken	Ground Beef
Other Foods		Spaghetti Sauce	Low-Fat Ranch Dressing, Pickle Spear		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Parfait		Ants on a Log		
Fluid Milk			1% Milk	1% Milk	
Juice, Fruit, or Vegetable 5x whole fruits/vegetable	Strawberries- fresh	Apple Slices- fresh	Celery, Raisins	Banana Halves- fresh	Grapes- fresh
Grains/Bread Component 1x Whole Grain, 1x sweet	Granola (WG) (sweet)	Goldfish Crackers		Graham Crackers	
Meat or Meat Alternate 2x Meat/Meat Alternate	Yogurt				Cheese Cubes
Other Foods			Low-Fat Cream Cheese		Fruit Dip



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WEEK OF Week 3

YEAR 2011

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Cinnamon Toast	Scrambled Omelet	Berry Pancakes		
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Fruit Salad- fresh	Orange Slices- fresh	Strawberries, Blueberries- frozen, unsweetened	Pineapple Chunks- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component 3x Whole Grain, 1x sweet	Whole Wheat Toast (WG)	Whole Wheat Toast (WG)	Pancakes	Blueberry Muffin (sweet)	Rice Chex cereal (WG)
Other Foods 1x Meat/Meat Alternate	Cinnamon	Scrambled Eggs	**no syrup**		
LUNCH	Tater Tot Hamburger Casserole	Taco Soup	BBQ Chicken (HM)	Hamburger Pizza (HM)	Grilled Chicken Pita
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Cooked Peas and Carrots- frozen	Steamed Carrot Sticks- fresh	Corn on the Cob- frozen	Tossed Salad- fresh	Mixed Vegetables- canned
4x fresh	Apple Slices- fresh	Pears- canned, unsweetened	Fruit Cocktail- canned, unsweetened	Applesauce- unsweetened	Grapes- fresh
Grains/Bread Component 2x Whole Grain	Whole Grain Bread (WG)	Bread Stick	Whole Grain Bun (WG)	Pizza Crust	Pita Bread
Meat or Meat Alternate 0x highly processed	Ground Beef	Ground Beef	Chicken	Ground Beef	Chicken
Other Foods			BBQ Sauce		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk		1% Milk		1% Milk	
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Cucumbers- fresh			Broccoli and Cauliflower- fresh	Apple Slices- fresh
Grains/Bread Component 1x Whole Grain, 1x sweet	Wheat Thins (WG)	Oatmeal Cookie (sweet)	Pretzel Sticks		
Meat or Meat Alternate 2x Meat/Meat Alternate			String Cheese		Cheese Slice
Other Foods	Low-Fat Ranch Dressing			Low-Fat Ranch Dressing	

MO 580-1463 (6-04)

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WEEK OF Week 4

YEAR 2011

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Biscuits and Gravy			Breakfast Pizza (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Tropical Fruit Mix- canned, unsweetened	Orange Slices- fresh	Fruit Salad- fresh	Grapes- fresh	Peaches- canned, unsweetened
Grains/Bread Component 2x Whole Grain, 1x sweet	Morning Muffins (sweet)	Biscuits	Whole Grain Buckwheat Pancakes (WG)	Kix cereal (WG)	Pizza Crust
Other Foods 1x Meat/Meat Alternate		Gravy	**no syrup**		Sausage, Cheese
LUNCH	Chicken and Noodles	Sloppy Joes (HM)	Toasted Ham and Cheese	Chicken Strips (CN)	Lasagna (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 6x fresh	Bell Pepper Mix- fresh	Corn on the Cob- frozen	Steamed Carrot Sticks- fresh	Cooked Spinach- frozen	Tossed Salad- fresh
	Fruit Salad - fresh	Strawberries - fresh	Apple and Kiwi Slices- fresh	Pineapple Chunks- canned, unsweetened	Mandarin Oranges- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Egg Noodles	Whole Wheat Hamburger Bun (WG)	Whole Wheat Bread (WG)	Whole Wheat Dinner Roll (WG)	Lasagna Noodles
Meat or Meat Alternate 1x highly processed	Chicken	Ground Beef	Ham, Cheese	Chicken Strips (CN)	Ground Beef
Other Foods		Sloppy Joe Sauce	Tomato Soup		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					Trail Mix
Fluid Milk		1% Milk			
Juice, Fruit, or Vegetable 4x whole fruits/vegetable	Bananas- fresh	Salsa- canned	Fresh Pear Slices- fresh	Applesauce- canned, unsweetened	100% Grape Juice
Grains/Bread Component 1x Whole Grain, 1x sweet		Baked Tortilla Chips (sweet)	Animal Crackers		Kix and Cheerios cereals (WG), Wheat Thins (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate	Yogurt			String Cheese	
Other Foods					



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WEEK OF Week 5

YEAR 2011

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Breakfast Casserole			Cinnamon Toast	Berry French Toast
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Fruit Cocktail- canned, unsweetened	Peaches- canned, unsweetened	Grapes- fresh	Fruit Salad- fresh	Berry Mix- frozen, unsweetened
Grains/Bread Component 3x Whole Grain, 1x sweet	Whole Wheat Toast (WG)	Banana Bread Squares (sweet)	Cheerios cereal (WG)	Whole Wheat Toast (WG)	French Toast
Other Foods 1x Meat/Meat Alternate	Eggs			Cinnamon	**no syrup**
LUNCH	Cowboy Soup	Scalloped Potatoes with Ham	Fajitas	Pizza Burger (HM)	Chicken Pot Pie (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 5x fresh	Tossed Salad- fresh	Sauté' Mustard and Collard Greens- fresh	Corn- canned	Spinach Salad- fresh	Peas and Carrots- frozen
	Apple Slices- fresh	Mandarin Oranges- canned, unsweetened	Pears- canned, unsweetened	Peaches- canned, unsweetened	Applesauce- unsweetened; kiwi- fresh
Grains/Bread Component 2x Whole Grain	Bread Stick	Corn Muffin	Whole Grain Tortilla (WG)	Whole Grain Hamburger Bun (WG)	Biscuit
Meat or Meat Alternate 0x highly processed	Ground Beef	Ham	Beef, Cheese	Ground Beef	Chicken
Other Foods			Lettuce, Tomato		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>				Pinwheels	
Fluid Milk				1% Milk	
Juice, Fruit, or Vegetable 4x whole fruits/vegetable	Banana Slices- fresh	Apple Slices- fresh	Cantaloupe- fresh		Fruit Cocktail- canned, unsweetened
Grains/Bread Component 1x Whole Grain, 1x sweet	Cinnamon Graham Crackers	Goldfish Crackers		Whole Grain Tortilla (WG)	Nutri-Grain Bar (sweet)
Meat or Meat Alternate 2x Meat/Meat Alternate			Cheese Cubes	Turkey, Cheese	
Other Foods	Low-Fat Strawberry Cream Cheese		Fruit Dip	Low-Fat Cream Cheese	



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WEEK OF Week 6

YEAR 2011

	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Banana Split Breakfast	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Pears- canned, unsweetened	Strawberries- fresh	Mandarin Oranges- canned, unsweetened	Banana, Strawberries- fresh	Melon Slices- fresh
Grains/Bread Component 4x Whole Grain, 1x sweet	Whole Wheat Toast (WG)	Whole Grain Rice Chex cereal (WG)	Waffles	Granola (WG) (sweet)	Whole Wheat Toasted Bagel (WG)
Other Foods 3x Meat/Meat Alternate	Scrambled Eggs		**no syrup**	Yogurt	Cheese
LUNCH	Spaghetti with Meat Sauce	Ham and Beans	Chicken Quesadilla	Turkey and Cheese Sandwich	Chicken and Dressing
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Spinach Salad- fresh	Steamed Carrots- frozen	Refried Beans	Broccoli and Cauliflower- fresh	Green Beans- frozen
4x fresh	Applesauce- unsweetened	Grapes- fresh	Tossed Salad- fresh	Fruit Cocktail- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component 2x Whole Grain	Spaghetti, Bread Stick	Cornbread	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)	Stuffing
Meat or Meat Alternate 0x highly processed	Ground Beef	Ham, Beans	Chicken, Cheese	Turkey, Cheese	Chicken
Other Foods	Spaghetti Sauce		Guacamole, Salsa	Low-Fat Ranch Dressing, Pickle Spear	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Cheese Crackers				
Fluid Milk		1% Milk		1% Milk	
Juice, Fruit, or Vegetable 2x whole fruits/vegetable			Cantaloupe- fresh	Green Pepper, Tomatoes and Cucumbers - fresh	
Grains/Bread Component 1x Whole Grain, 1x sweet	Triscuits (WG)	Baked Tortilla Chips (sweet)			Pretzel Sticks
Meat or Meat Alternate 4x Meat/Meat Alternate	Cheese Slice	Bean Dip	Yogurt		String Cheese
Other Foods				Low-Fat Ranch Dressing	

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WEEK OF Week 7

YEAR 2011

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Sausage Muffin				Berry Waffles
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Peaches- canned, unsweetened	Apple Slices- fresh	Mandarin Oranges- canned, unsweetened	Banana- fresh	Mixed Berries- frozen, unsweetened
Grains/Bread Component 3x Whole Grain, 1x sweet	English Muffin	Oatmeal Muffin Squares (WG) (sweet)	Whole Wheat Toast (WG)	Whole Wheat Bagel (WG)	Waffles
Other Foods 1x Meat/Meat Alternate	Sausage		Hash Browns with Cheese	Low-Fat Cream Cheese	**no syrup**
LUNCH	Cheeseburger	Grilled Chicken Pita	Meatballs (HM)	Parmesan Chicken (HM)	Battered Fish Portions (CN)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Tater Tots- frozen	Mixed Vegetables- canned	Mashed Potatoes- fresh	Steamed Broccoli and Cauliflower- frozen	Ranch Slaw- fresh
5x fresh	Fruit Salad- fresh	Grapes- fresh	Fruit Cocktail- canned, unsweetened	Pineapple- canned, unsweetened	Orange Slices- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Hamburger Bun (WG)	Pita Bread	Whole Wheat Dinner Roll (WG)	Whole Wheat Bread (WG)	Batter (CN)
Meat or Meat Alternate 1x highly processed	Ground Beef, Cheese	Chicken	Ground Beef	Chicken	Fish Portions (CN)
Other Foods	Lettuce, Tomato, Pickle				
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Strawberry Graham Cracker Sandwich	Trail Mix		
Fluid Milk			1% Milk		1% Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Pears- canned, unsweetened	Strawberries- fresh		Apple Slices- fresh	
Grains/Bread Component 1x Whole Grain, 1x sweet	Cheese-It Crackers	Graham Crackers	Kic and Cheerios cereals (WG), Wheat Thins (WG)		Vanilla Wafers (sweet)
Meat or Meat Alternate 2x Meat/Meat Alternate		Yogurt		Cheese Slices	
Other Foods					Pudding

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WEEK OF Week 8

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Peach Oatmeal	Berry Pancakes	Breakfast Burrito
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Orange Slices- fresh	Grapes- fresh	Peaches- canned, unsweetened	Mixed Berries- frozen, unsweetened	Banana- fresh
Grains/Bread Component 3x Whole Grain,	Biscuit	Kix cereal (WG)	Oatmeal (WG)	Pancakes	Whole Wheat Tortilla (WG)
Other Foods 1x Meat/MA, 1x sweet	Jelly (sweet)			**no syrup**	Scrambles Eggs, Cheese
LUNCH	Beef Stroganoff	Chili (HM)	Breakfast for Lunch	Toasted Ham and Cheese Sandwich	Chicken Patty (CN)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 5x fresh	Green Beans- frozen	Steamed Carrot Slices- fresh	Hash Browns- frozen	Steamed Carrot Sticks- fresh	Baked Beans- canned; Spinach Salad- fresh
	Pineapple Chunks- canned, unsweetened	Apples- fresh (in Apple Crisp)	Cantaloupe- fresh	Apple and Kiwi Slices- fresh	Mandarin Oranges- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Egg Noodles	Triscuits (WG)	Whole Wheat Toast (WG)	Whole Wheat Bread (WG)	Whole Wheat Hamburger Bun (WG)
Meat or Meat Alternate 2x highly processed	Beef	Ground Beef, Chili Beans	Scrambled Omelet with Egg, Cheese, Sausage	Ham, Cheese	Chicken Patty (CN)
Other Foods		Apple Crisp	Vegetables in Omelet	Tomato Soup	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	One Fish, Two Fish, Red Fish, Blue Fish Trail Mix				
Fluid Milk			1% Milk		1% Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Dried Fruit; 100% Juice	Strawberries- fresh		Broccoli, Cauliflower	
Grains/Bread Component 1x Whole Grain, 1x sweet	Color Goldfish Crackers, Chex Cereal (WG)		Baked Tortilla Chips (sweet)		Bread Stick
Meat or Meat Alternate 2x Meat/Meat Alternate		Yogurt		Cheese Cubes	
Other Foods			Nacho Cheese Dip	Low-Fat Ranch Dressing	Marinara Sauce